BOARD ANNOUNCEMENTS AND LESSON PLAN

WEEK OF NOVEMBER 4 AND 5 (B&A DAY)

**WEDNESDAY AND THURSDAY THIS WEEK - PLAN AHEAD-MAKE UP IF YOU ARE ABSENT**

A DAY - NOVEMBER 6TH AND B DAY - NOV. 6TH - BRING TO CLASS

* HEART MONITOR DAY - WORKOUT DAY -20 IF YOU MISS - DO NOT DELETE FILE
* NO STRAP - 20 PTS. OFF FOR NOT BEING PREPARED
* Clothes - must re-label you names on shirt and shorts (3 areas)

LABEL YOUR CLOTHES BEFORE THIS DAY OR IT IS LATE

* Locker items (4-BOYS, 5-GIRLS)

PG 13

TITLE/CONCEPT: 3 VOCAB WORDS (REVIEW ESSENTIAL) - CREATE 2 MORE BOXES - 3 Graphic Organizers on this page (vocab boxes)

PG 12

TITLE/CONCEPT: 3 VOCAB WORDS - COLOR YOUR LEFT SIDE TO EMPHASIZE ESSENTIAL CONCEPT OR TERM.

LABEL AND SHOW/EXPLAIN WHAT THE VOCAB WORDS MEAN OR WOULD LOOK LIKE

PG. 15

TITLE/CONCEPT: HEART RATE MONITOR

Essential questions: How do I successfully use the heart rate monitor? What do I need to know?

List:

1. All the parts of using one the monitor
2. How do I work each part?
3. What are the do's and don'ts?
4. How do I put it away?

PG. 14 - use color

TITLE/CONCEPT- DRAW THE HEART RATE MONITOR

* LABEL AND DRAW ALL THE PARTS OF THE MONITOR INCLUDING BUTTONS
* HOW TO READ FILE - WHAT 'S A GOOD WORKOUT?
* How Can I change my intensity in my workouts? Give examples

PG. 17

TITLE/CONCEPT: FITNESS ASSESSMENT

1. Write down your four tests and scores
2. Attach the LEVEL OF FITNES S FORM
3. Analyze your strengths/weaknesses
4. Take your PRINTOUT OF FITNESS to show parent with signature and show Walton. Write how you both feel about your fitness . Be specific

PG. 16 - use color

MY SMART GOALS

1. SET AT LEAST ONE GOAL IN IMPROVING FITNESS - FILL IN THE GRAPHIC ORGANIZER

**Page 13 Title/Concept - ESSENTIAL/INTENSITY/PERSERVANCE**

**DRAW GRAPHIC ORGANIZER ON THE VERY TOP**

**Graphic organizer #1**

|  |  |  |  |
| --- | --- | --- | --- |
| Word:  **Essential**  Syllable(s) :  3  Word Origin:  (Your choice - see below) | Definition  (Your choice - see below) | Example(s):  Biological needs  Have to's  HR monitor strap | Non Example(s)  Wants  Time wasters |
| SENTENCE: (**DO NOT** use example given-you must create your own)   1. Discipline is essential in an army. 2. It takes discipline to do well in school | | | |

es·sen·tial (adj.)

Origin:

Mid-14c, Latin *essentialis*, from *essentia*. that of "necessary" is from 1520s. *Essentials* "indispensable elements" is from early 16c. Related: *Essentially*

Definition:

1. Something necessary or very important.
2. Vitally important; absolutely necessary

**Graphic organizer #2**

|  |  |  |  |
| --- | --- | --- | --- |
| Word:  **Intensity**  Syllable(s) :  Word Origin:  (Your choice - see below) | Definition  (Your choice - see below) | Example(s): | Non Example(s) |
| SENTENCE: (**DO NOT** use example given-you must create your own) | | | |

intensity (noun)

Origin:

formed in English 1660s from [intense](http://www.etymonline.com/index.php?term=intense&allowed_in_frame=0) + [-ity](http://www.etymonline.com/index.php?term=-ity&allowed_in_frame=0). Earlier was intenseness (1610s). Sense of "extreme depth of feeling" first recorded 1830.

Definition:

1. the quality or state of being intense : extreme strength or force
2. the degree or amount of strength or force that something has
3. [involving](http://www.macmillandictionary.com/us/search/american/direct/?q=involving) [or](http://www.macmillandictionary.com/us/search/american/direct/?q=or) [done](http://www.macmillandictionary.com/us/search/american/direct/?q=done) [with](http://www.macmillandictionary.com/us/search/american/direct/?q=with) [a](http://www.macmillandictionary.com/us/search/american/direct/?q=a) [lot](http://www.macmillandictionary.com/us/search/american/direct/?q=lot) [of](http://www.macmillandictionary.com/us/search/american/direct/?q=of) [effort](http://www.macmillandictionary.com/us/search/american/direct/?q=effort), [energy](http://www.macmillandictionary.com/us/search/american/direct/?q=energy), [attention](http://www.macmillandictionary.com/us/search/american/direct/?q=attention), [etc](http://www.macmillandictionary.com/us/search/american/direct/?q=etc).

Sentence:

1. High intensity in aerobics allows one to burn more calories.
2. I know I have a good workout when my level of intensity is at 150 b.p.m. or more.

[What Is Intensity?](http://ask.reference.com/web?q=What%20Is%20Intensity?&o=100100)

[What Does Intensity Mean?](http://ask.reference.com/web?q=What%20Does%20Intensity%20Mean?&o=100100)

[What Is The Definition Of Intensity?](http://ask.reference.com/web?q=What%20Is%20The%20Definition%20Of%20Intensity?&o=100100)

[What Is Intensive Farming?](http://ask.reference.com/web?q=What%20Is%20Intensive%20Farming?&o=100100)

[What Does Intense Mean?](http://ask.reference.com/web?q=What%20Does%20Intense%20Mean?&o=100100)

[What Is Light Intensity?](http://ask.reference.com/web?q=What%20Is%20Light%20Intensity?&o=100100)

[What Is Intensity?](http://ask.reference.com/web?q=What%20Is%20Intensity?&o=100100)

[What Does Intense Mean?](http://ask.reference.com/web?q=What%20Does%20Intense%20Mean?&o=100100)

[What Is The Definition Of Intensity?](http://ask.reference.com/web?q=What%20Is%20The%20Definition%20Of%20Intensity?&o=100100)

[What Does Intensity Mean?](http://ask.reference.com/web?q=What%20Does%20Intensity%20Mean?&o=100100)

**Graphic organizer #3**

|  |  |  |  |
| --- | --- | --- | --- |
| Word:  **Perserverance**  Syllable(s) :  Word Origin:  (Your choice - see below) | Definition  (Your choice - see below) | Example(s): | Non Example(s) |
| SENTENCE: (**DO NOT** use example given-you must create your own) | | | |

**per·se·ver·ance (noun)**

Origin:

Mid-14c., from Old French [*perseverance*](http://www.etymonline.com/index.php?term=perseverance) "persistence, endurance (12c., [Modern](http://www.etymonline.com/index.php?term=perseverance) French persévérance) and directly from [Latin](http://www.etymonline.com/index.php?term=perseverance) perseverantia "steadfastness, constancy,"

Definition:

1. the quality that allows someone to continue trying to do something even though it is difficult
2. continued effort to do or achieve something despite difficulties, failure, or opposition

Sentence:

1. Perseverance is required to perfect just about any skill.
2. People who are successful with disabilities must have great perseverance.

**SMART GOAL - HOW CAN I APPLY THIS TO ALL ASPECTS OF HEALTH?**

**RIGHT SIDE PAGE OF YOUR IAN:**

1. **S –**stands for Specific –You should be clear about what you want to happen

* Not Specific: I want to make good grades
* Specific: I want to have a 93 average in science by May 26th 2007

2. **M –**stands for measurable –You should be able to track your goal

* Not Measurable: I want to make a lot of free throw shots
* Measurable: I want to make at least 9 out of 10 free throw shots in the next basketball game

3. **A –**stands for Action –What small specific actions must you take to achieve this goal

* Wrong: In order to make a 93 average in science by May 26th 2007 I must study
* Right: In order to make a 93 average in science by May 26th 2007 I must read over my science notes every night for 20 minutes

4. **R –**stands for Realistic –Can you achieve these goals? Is it doable?

* Unrealistic: I want make 200 free throw shots in one game
* Realistic: I want to make 8 out of 10 of the free throw shots that I attempt

5. **T –**stands for Time –You should set a timeframe for your goal

* No time: I want to learn to play the piano
* Time: I want to learn to play “Twinkle Twinkle Little Star by June 3rd

**LEFT SIDE PAGE OF YOUR IAN - LABEL THE TEST YOU ARE TALKING ABOUT:**

SMART Goal Planning Form - AT LEAST ONE, 3 OR MORE FOR ALL POINTS

Specific – WHO? WHAT?

Measurement/Assessment – HOW?

Attainable/Achieve – REASONABLE?

Relevant – EXPECTED RESULT?

Timed – WHEN?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GIRLS - 8TH GRADE - FITNESS LEVEL | | | | | |
| **LEVEL OF FITNESS** | **Participant** | **National** | **Presidential** |  |  |
| Mile | 10:24 and more | 8:14-10:23 | 8:13 and less |  |  |
| Sit-ups/Curl-ups (1Min) | 36 and less | 37-45 | 45 and more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Low Fitness** | **Fit** | **Very Fit** |  |  |
| Modified Sit&Reach | 9" or less | 10"-14" | 15" or more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Poor** | **Fair** | **Average** | **Good** | **Excellent** |
| Bicep - Pounds Pulled | 0-17 | 18-26 | 27-44 | 45-67 | 68 or more |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| BOYS - 8TH GRADE - FITNESS LEVEL | | | | | |
| **LEVEL OF FITNESS** | **Participant** | **National** | **Presidential** |  |  |
| Mile | 8:07 and more | 6:51-8:06 | 6:50 and less |  |  |
| Sit-ups/Curl-ups (1Min) | 41 and less | 42-52 | 53 and more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Low Fitness** | **Fit** | **Very Fit** |  |  |
| Modified Sit&Reach | 8" or less | 9"-12" | 13" or more |  |  |
|  |  |  |  |  |  |
| **LEVEL OF FITNESS** | **Poor** | **Fair** | **Average** | **Good** | **Excellent** |
| Bicep - Pounds Pulled | 0-37 | 38-49 | 50-57 | 58-65 | 67 or more |

SEE SAMPLE NOTEBOOK FOR SET UP